



Potato-Chutney Crisps (Sev-puri)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



91 kcal

Ingredients

- ☐ 6 tablespoons dates mixed with 2 tablespoons lime juice and 1/8 teaspoon each cayenne and salt)
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 0.8 cup potatoes cooked chopped
- ☐ 0.3 cup onion red minced
- ☐ 36 tortilla chips thin (flat ones are best) ()
- ☐ 0.8 cup frangelico (optional; see notes)
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Equipment

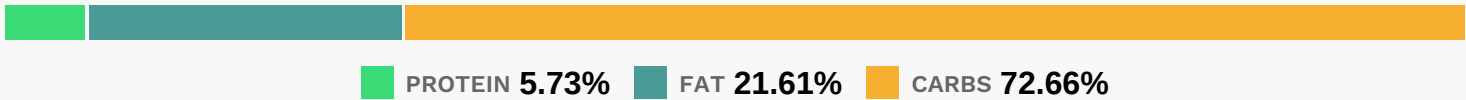
- ☐ bowl

blender

Directions

- Arrange chips in a single layer on platters. Mound potato, then onion, equally on chips.
- Top each chip with about 1/2 teaspoon each spicy yogurt and tamarind–date chutney, 1/4 teaspoon green chutney, 1 teaspoon sev, and 1/4 teaspoon cilantro.
- Spicy yogurt: In a bowl, mix 6 tablespoons plain nonfat yogurt, and 1/4 teaspoon each ground cumin, sugar, and salt. Makes about 6 tablespoons.
- Green chutney: In a blender, combine 1 cup coarsely chopped fresh cilantro; 2 fresh jalapeo chilies (1 oz. total), rinsed, stemmed, and sliced; 1 tablespoon unsweetened shredded dried coconut; 1 tablespoon lime juice; and 1/2 teaspoon each sugar and salt. Whirl until smooth, adding just enough water (2 to 4 tablespoons) to facilitate blending. Cover and chill up to 1 day. Makes about 1/3 cup.

Nutrition Facts



Properties

Glycemic Index:19.48, Glycemic Load:5.26, Inflammation Score:-1, Nutrition Score:2.4126087142074%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 90.64kcal (4.53%), Fat: 2.29g (3.52%), Saturated Fat: 0.31g (1.95%), Carbohydrates: 17.33g (5.78%), Net Carbohydrates: 15.58g (5.67%), Sugar: 6.14g (6.82%), Cholesterol: 0mg (0%), Sodium: 36.82mg (1.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.37g (2.73%), Fiber: 1.74g (6.97%), Potassium: 153.42mg (4.38%), Vitamin B6: 0.09mg (4.36%), Vitamin C: 3.57mg (4.32%), Magnesium: 17.13mg (4.28%), Phosphorus: 40.46mg (4.05%), Vitamin K: 3.19µg (3.04%), Manganese: 0.06mg (2.75%), Vitamin E: 0.39mg (2.61%), Copper: 0.05mg (2.42%), Vitamin B5: 0.23mg (2.35%), Vitamin B1: 0.03mg (2.33%), Iron: 0.39mg (2.18%), Vitamin B3: 0.38mg (1.89%), Calcium: 18.16mg (1.82%), Folate: 6.61µg (1.65%), Zinc: 0.23mg (1.54%), Vitamin B2: 0.02mg (1.19%), Selenium: 0.82µg (1.17%)